

## Blood Donor Sessions

Â

### Blood Donor Sessions for August

20/08/2014 Cottingham Civic Hall, Market Green 14.15 pm to 16.00 pm and 17.00 pm to 19.30 pm

11/08/2014 Beverley - Church of Jesus Christ, Manor Close 14.15 pm to 16.00 pm and 17.00 pm to 19.30 pm

27/08/2014 - Beverley - Church of Jesus Christ, Manor Close Beverley - Church of Jesus Christ, Manor Close 14.15 pm to 16.00 pm and 17.00 pm to 19.30 pm

07/08/2014 Hessle - Town Hall, South Lane 14.15 pm to 16.00 pm and 17.00 pm to 19.30 pm

28/08/2014 Hessle - Town Hall, South Lane 14.15 pm to 16.00 pm and 17.00 pm to 19.30 pm

Â

---

### GIVE BEFORE YOU GO

With the school holidays here, people in Yorkshire and the North East are being asked to give blood before they go away, especially if they have the blood groups B Rh negative and O Rh negative.

NHS Blood and Transplant is reminding people to donate ahead of their breaks to help maintain stocks for hospital patients over the summer.

Blood stocks tend to fall at this time of year as people get distracted by holidays and the warmer weather. Although overall blood use within the NHS has reduced, thanks to improvements in clinical and surgical practices, hospitals and

patients still rely on more than 7,000 people attending a donation session every day across England and North Wales.

B Rh negative blood is in demand because certain ethnic groups are more prone to particular diseases that require blood, such as sickle cell anaemia and thalassaemia and a higher proportion of these ethnic groups are Group B Rh. Group B Rh negative blood can be given to B negative or B positive patients. Donors with blood group O Rh negative are typically known as the "universal donor" as their blood can be given to patients with a different blood group. This can prove vital in an emergency situation when there may not be time for an immediate blood grouping test to be carried out.

Donna Batty, Lead Donor Relations Manager for Yorkshire and the North said: "We know people are busy and especially in the summer but we're asking that they remember those hospital patients who need blood to save or improve their lives. We're asking our donors to please make an appointment to donate before they go away."

"If you've never given blood before, why not make this summer the time you join our donors and make a difference to others? Each blood donation can potentially save up to three lives."

Patients in need of blood in accident and emergency situations, patients undergoing surgery and receiving treatment for cancer and blood diseases, and women haemorrhaging in childbirth rely on blood donors.

You can find out whether we've got a session coming up in your area on [www.blood.co.uk](http://www.blood.co.uk) and book an appointment online to donate.

You can also register to become a donor on our website. Anyone aged between 17 - 65, weighing more than 50 kg (7 stone 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last two years.